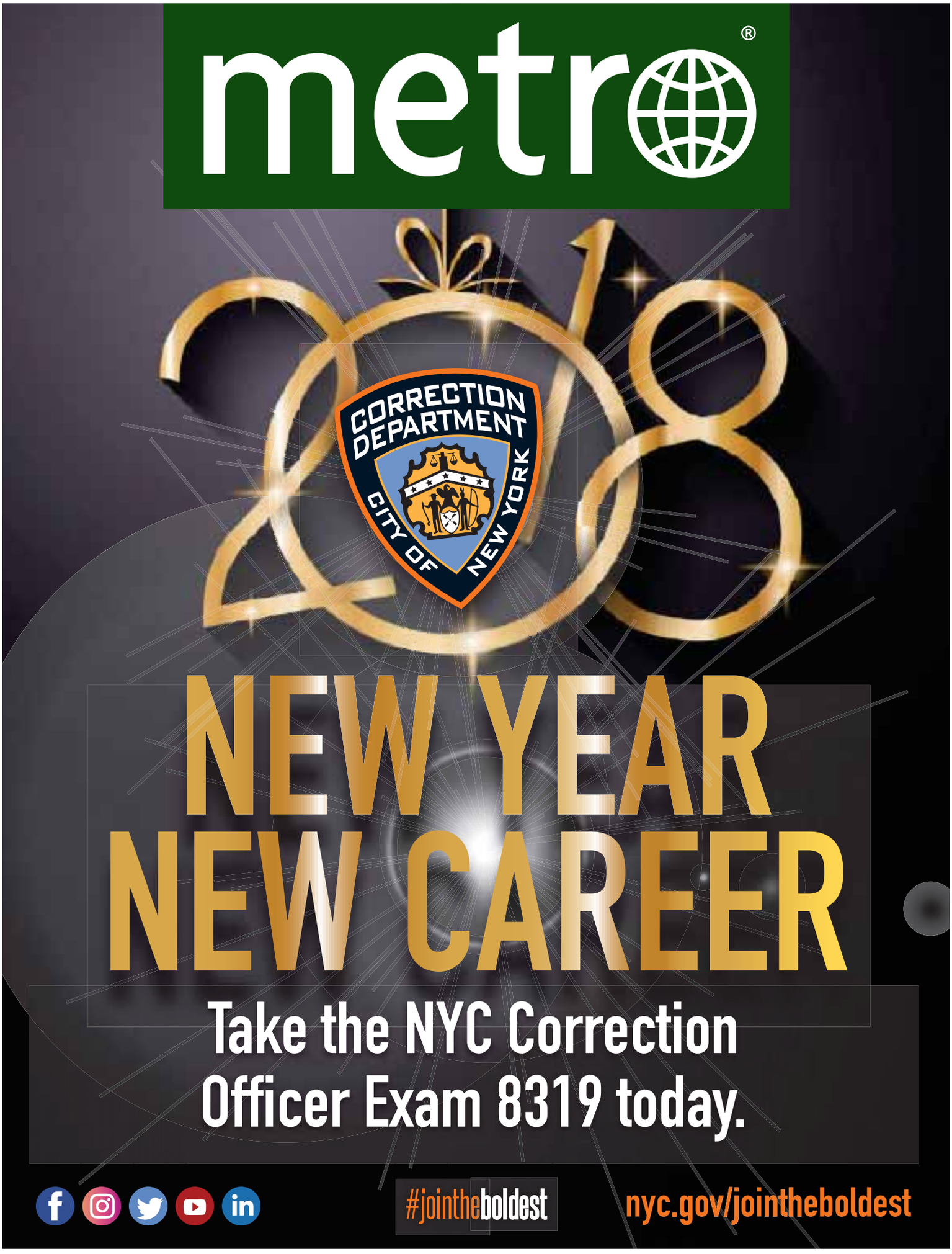
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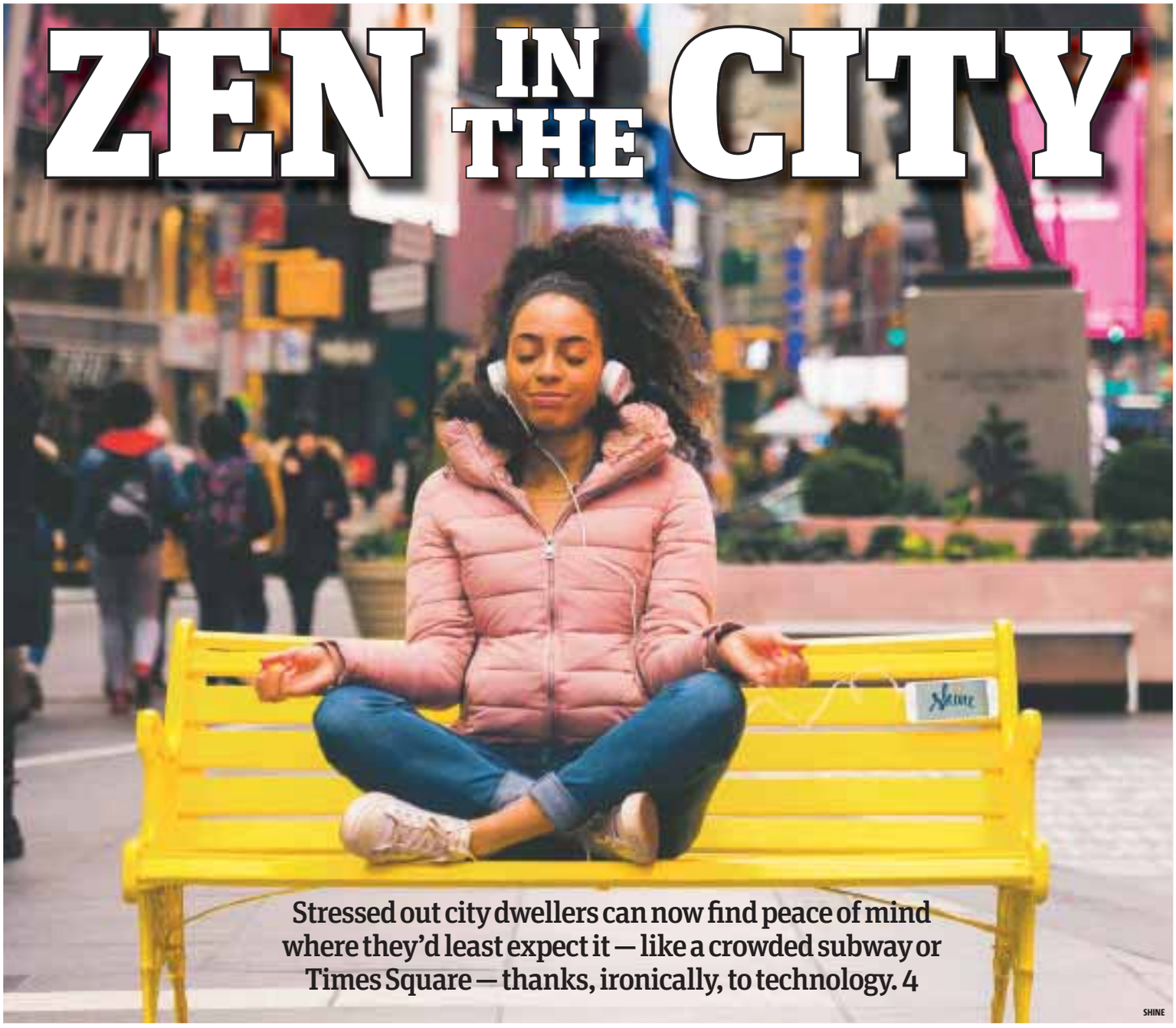

Stressed out city dwellers can now find peace of mind where they'd least expect it — like a crowded subway or Times Square — thanks, ironically, to technology. 4

SHINE

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NIKKI M. MASCALI, REPORTER

I firmly believe in making resolutions. After all, there's always room for improvement for us all — yes, even you — but it's hard to make self-care a focus. If our recent weather, this city or the political climate have you ready to scream, a new app from the creators of Shine Text wants to help. Find out how to prioritize your emotional well-being on page 4 or at **metro.us.**

AIDE ASSAILS BOOK, CALLS PRESIDENT A 'GENIUS'

1 A senior aide to President Donald Trump on Sunday assailed a new book rattling the White House, called his boss a genius and launched an attack on news coverage before a TV anchor cut off their interview. Senior policy adviser Stephen Miller told Jake Tapper on CNN'S "State of the Union" that the book "Fire and Fury: Inside the Trump White House" by journalist Michael Wolff was a "grotesque work of fiction." Miller accused CNN of "anti-Trump hysterical coverage" following the Friday release of the book, which portrays Trump as mentally unstable and unfit for the demands of his job. Its publication prompted Trump to post on Twitter that he is a "very stable genius." Miller added, "The reality is that the president is a political genius," before accusing Tapper of being "condescending." ***Read more on pages 7 and 10.***

FLOODING AT JFK AIRPORT ADDS MISERY TO DELAYS

2 Flooding due to a water main break forced the suspension of international flight arrivals at New York's John F. Kennedy International Airport on Sunday, adding to the misery of travelers after a winter storm canceled or delayed hundreds of flights in recent days. Water poured from the ceiling onto a check-in counter and covered large areas of the floor of Terminal 4, video on CNN showed. The disruption occurred while the Northeast continued to endure bone-chilling weather with the New York City temperature at 17 degrees. International flights to Terminal 4 were suspended and passengers who had already arrived there were diverted to other terminals, according to the Port Authority of New York and New Jersey, which operates the airport.

BESS ADLER

5 THINGS YOU NEED TO KNOW

NO PANTS SUBWAY RIDE

3 The "real feel" may be in the single digits, but that is of no concern to New York's brazen improv comedy crowd. Thousands of brave New Yorkers turned out Sunday for the 17th annual No Pants Subway Ride, a yearly winter event organized by the comedy group Improv Everywhere. This year, the event was expected to attract about 4,000 half-naked subway riders to the MTA transit system. Thousands more participated in the event in 60 cities around the world, according to organizers. The only requirements for participants were a willingness to go pantless on the subway and an ability to keep a straight face while doing it. MORGAN ROUSSEAU

ONE WINNING POWERBALL TICKET NETS $358M

4 One Powerball ticket purchased in New Hampshire matched all six numbers for Saturday's estimated $570 million jackpot drawing, the fifth-largest grand prize in the game's 15-year history, lottery officials said. The winning numbers drawn were 12, 29, 30, 33, 61 with a Powerball of 26. The identity of the winner or winners was not immediately released. If the winner selects the lump-sum option, the one-time payout would total an estimated $358 million, before taxes. The odds of a single ticket hitting all six numbers in the Powerball are 292 million to 1, according to the Multi-State Lottery Association. Saturday's winning Powerball ticket is the second large lottery grand prize drawn in as many days. On Friday, one winning Mega Millions ticket, worth an estimated $450 million, was sold in Florida. That lump-sum payout is $281 million.

TRUMP WILLING TO TALK WITH KIM JONG UN

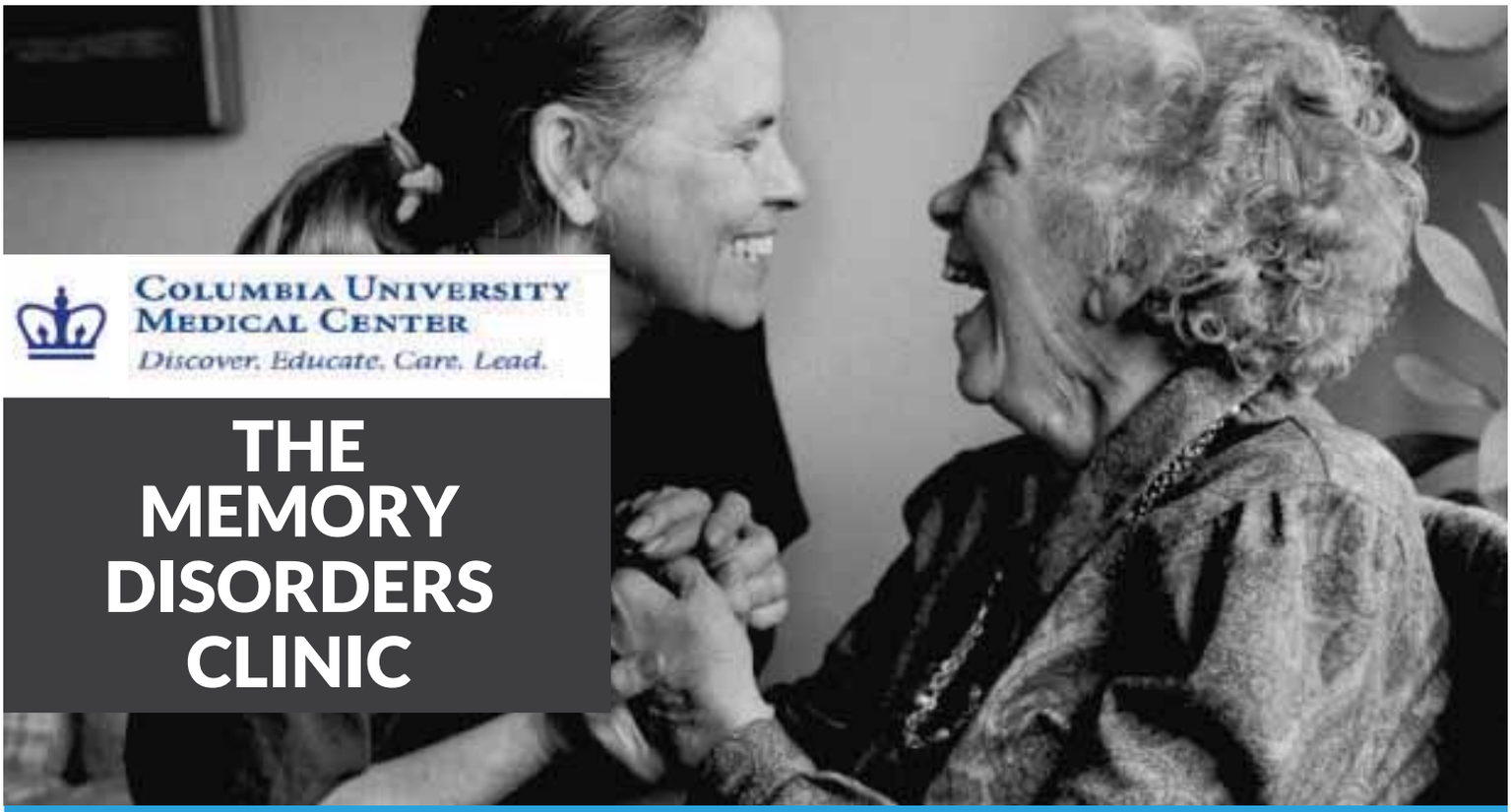
5 President Donald Trump said over the weekend that he would "absolutely" be willing to talk on the phone to North Korean leader Kim Jong Un and that he hopes a positive development results from talks between North Korea and South Korea. North Korea agreed on Friday to hold official talks with South Korea next week, the first in more than two years, hours after Washington and Seoul delayed a military exercise amid a standoff over Pyongyang's nuclear and missile programs. Trump, answering questions from reporters at the presidential retreat at Camp David, expressed a willingness to talk to Kim but not without preconditions. Trump and Kim have exchanged insults ever since Trump took office, with Trump repeatedly calling Kim "rocket man" for testing nuclear weapons and ballistic missiles.

TAX PLAN

25%

Twenty-five percent of Americans think that they'll pay more under the newly passed tax plan.

Source : Yougov.com



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How to find Zen in an urban setting

An app called Shine helps city dwellers decompress despite the chaos of their hectic lives.

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People often look to improve themselves at the dawn of a new year, and after the chaotic 2017 many of us had, 2018 may need to be a Year of Well-Being.

More and more millennials are turning to a mindfulness practice to improve their quality of life — and for good reason. A recent study found that just 25 minutes of meditation or yoga each day improves cognitive function and energy levels.

If this type of self-care is one of your resolutions, millennial-minded wellness brand Shine launched a new app that includes mindfulness motivation, interactive audio content, like conversational "Mindful Moments," and a chatbot expanding on its daily motivational texts.

Shine co-founders Naomi Hirabayashi and Marah Lidey, who was named one of Forbes' "30 under 30" for consumer technology this year, told Metro about Shine's growth from a text for 50 people to currently having more than 1 million users, if it works for non-millennials and how they decompress beyond technology.

How did the Shine app come about?

Naomi Hirabayashi & Marah Lidey: With our community's feedback and our attention to how much the world has changed in the past year, we realized the important opportunity we have to provide more ways for people to integrate self-care into their routine. The app gives users a deeper experience to work on their well-being and leverages audio content that brings the Shine voice to life.

When Shine launched its motivational well-being app in early December, it installed bright yellow benches in high-stress areas of New York City to let people try out its content. SHINE

This time of year can be stressful.

It can feel difficult to carve out time to take care of yourself, and it's especially difficult during the holidays. Plus, between political drama, record-breaking natural disasters and a heightened climate of sexual assault awareness, 2017 has been a rough year, and Americans' well-being is on the decline. Now more than ever, it's important to prioritize our emotional well-being.

Tell me about Mindful Moments.

Shine's Mindful Moments are written the way we would talk to each other, voiced by wellness influencers we follow and in a first-of-its-kind interactive format. You can listen to Mindful Moments around topics like "Nix That Inner Critic" or "Help, I Have a Toxic Friend," and get meditations that relate to what you're dealing with.

Shine is very millennial-focused. Can other generations benefit from its content?

We want solutions that keep up with our well-being at the rate in which we're thinking about it — all the time. And while the "on-the-go" value to Shine resonates deeply with our generation, the issues we address are issues people experience across generations.

ZEN AT YOUR FINGERTIPS

It may be a bit ironic to use an app to unplug, but such is the world we're living in. Here are a few other apps to help you find a moment or two of Zen.

Meditation Studio curates more than 300 expert-guided mediations to tackle everything from stress and pain to mood boosters and even practices for parents, millennials, teens and first responders.

Headspace has similar offerings, including "bite-size meditations," that are delivered in the soothing British accent of co-founder Andy Puddicombe.

Calm provides breathing exercises, sleep meditations and nature scenes and sounds sure to take you to a happy place.

Apple Breathe reminds you throughout the day via your Apple Watch to focus on breathing, guiding you to inhale, exhale and focus on you for as little as one minute at a clip.

Dell recommends Windows 10 Pro.

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Phase II of repair work at Penn Station began Friday, and changes are coming Monday for Amtrak, Long Island Rail Road and New Jersey Transit riders. AMTRAK

Penn Station schedules change as repairs begin

It won't quite be a "winter of discontent" for Penn Station commuters, but there are a few changes going into effect Monday.

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The winter round of repair work at Penn Station is slated to begin as scheduled on Friday, which means that changes are coming on Monday for Amtrak, Long Island Rail Road and New Jersey Transit passengers, though most of the work will be done on weekends.

Amtrak owns and maintains the tracks at Penn Station, the nation's busiest rail hub, and Phase II of its infrastructure renewal work is a continuation of its two-month "summer of hell" work that concluded in September.

This round is expected to end May 28 and will focus on Tracks 15 and 18. Work includes concrete demolition, rail renewal and replacing three turnouts that direct Amtrak and LIRR trains heading east and to Sunnyside Yard.

Here's some of what commuters can expect:

LIRR

Five of the LIRR's 98 morning rush-hour trains to Penn Station will be rerouted, as will three of the 86 evening rush-hour trains from the station.

Five trains will have extra cars for added capacity, and there will be five additional trains before and after both rush hours.

Though 5 percent of service will be affected by this winter work, as opposed to the 20 percent affected by the summer repairs, there are several changes on the LIRR's Babylon, Far Rockaway, Hempstead, Long Beach, Port Jefferson, Port Washington and Ronkonkoma branches. For specifics, visit mta.info.

NJ Transit

Five trains a day on the Northeast Corridor (NEC) and North Jersey Coast Line (NJCL) will be impacted due to the work, two in the morning peak and three in the evening.

The 6:11 a.m. eastbound NJCL train 3216 from Long Branch will now leave at 6:23 a.m. and divert to Hoboken as train 2604. The 7:06 a.m. eastbound NEC train 3122 from New Brunswick will terminate at Newark Penn Station and be renumbered as train 5822.

The 5:25 p.m. NJCL train 3267 from PSNY will originate from Hoboken at 5:22 p.m. as train 2609. NEC train 3171 departing PSNY at 5:43 p.m. will originate at Newark Penn Station at 6:03 p.m. as train 5869. The 6:51 p.m. NCJL train 3441 from PSNY will be canceled.

Amtrak

Northeast Regional trains 110 from Washington, D.C. to PSNY and 127 from PSNY to Washington are canceled.

Northbound Keystone train 640 will terminate at Newark Penn Station, while Keystone train 643 will originate at Newark Penn Station.

Southbound train 173 will stop at Newark Liberty Airport, while southbound trains 129, 193 and 653 will have earlier departures.

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RUSSIA

CIA: Russia and others trying to undermine US elections

The head of the Central Intelligence Agency said on Sunday that Russia and others are trying to undermine elections in the United States, the next major one being in November when Republicans will try to keep control of Congress.

U.S. intelligence agencies have concluded that Russia interfered in the 2016 presidential election to try to help President Donald Trump win, in part by hacking and releasing emails embarrassing to Democratic presidential candidate Hillary Clinton, and spreading social media propaganda.

CIA Director Mike Pompeo told CBS that the Russian interference is longstanding, and continues. Asked on "Face the Nation" if Moscow is currently trying to undermine U.S. elections, Pompeo responded: "Yes sir, have been for decades."

"Yes, I continue to be concerned, not only about the Russians, but about others' efforts as well," Pompeo said

Trump has at times suggested that he accepts U.S. intelligence agencies' assessment that Russia interfered in the election but at other times has said he accepts Russian President Vladimir Putin's denials that Moscow meddled.

REUTERS

TRUMP'S AMERICA

DUMB, DUMBER, TRUMP

ANALYSIS

ELLIS HENICAN
@henican

How, like, stupid is this?

A new book raises questions about Donald Trump's mental fitness. So he fires off an angry tweet storm that makes him sound mentally unfit. Then, he sends an unhinged person named Stephen Miller onto CNN to vouch for his "very stable genius."

There's a phrase for strategies like this one. The phrase is "not too bright."

You already know the background here. Michael Wolff's new book, "Fire and Fury: Inside the Trump White House," quotes an army of insiders, many by name, raising disturbing questions about the president's 71-year-old brain. On page after page, Trump comes off as a volatile nitwit, a semi-literate child unable to focus on anything but his own whims and eruptions.

To calm the roiling waters, Trump's lawyers did the worst possible thing: They threatened legal action, firing off cease-and-desist letters to silence Wolff and his on-the-record source Steve Bannon, Trump's former campaign boss and chief White House political strategist who now runs Breitbart News.

As the book shot up the best-seller lists, and the legal thuggery was met with guffaws, Trump took to Twitter, his digital primal-scream room, declaring that he's always been known for his "mental stability" and "being, like, really smart." Typed the president: "I went from VERY successful businessman to top T.V. Star to President of the United States (on my first try). I think that would qualify as not smart, but genius … and a very stable genius at that!"

Well, let's see.

To prove it, he sent wild-eyed Stephen Miller, his chief policy advisor, onto CNN's "State of the Union."

There may be a less attractive man in Washington, physically or temperamentally. But no one's been able to prove it. I'd like to quote some of what Miller said to Jake Tapper on Sunday. But other than calling Bannon "grotesque" — even a stopped clock is right twice a day — and repeatedly sputtering that Trump is a "political genius," most of what Miller yelled was simply indecipherable.

I know. There is no one form of intelligence. People can be smart — or dumb — in a thousand different ways. But dumb isn't smart, no matter how loudly you, like, yell it.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.

A new book questions President Trump's mental stability. GETTY IMAGES

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Baby Boomers Benefitting From Knee Arthritis Tr

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows P

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

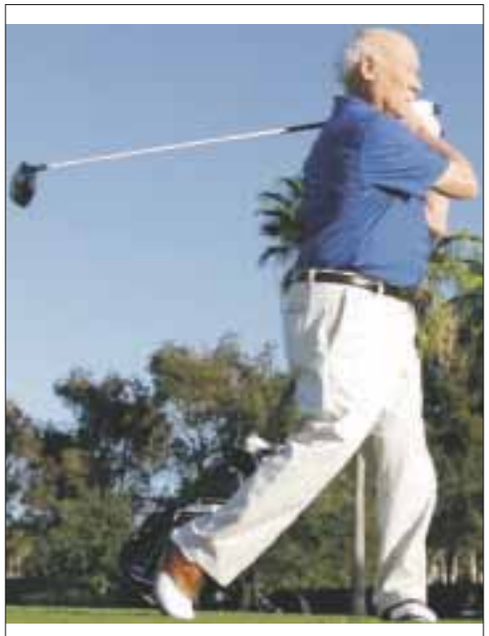
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." *William La Spina* . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results: Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Lousiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underewent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of $4706.00 per patient if treated with viscosupplementation was estimated . In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to $9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

reatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

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To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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GEARING UP FOR TRUMP'S 'DISHONEST,' 'CORRUPT' MEDIA AWARDS

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

I didn't buy a load of bread, eggs and milk for the bomb cyclone, but I'll assure you this: I'm laying in a serious supply of popcorn, ginger ale, and Mike and Ike's for the big awards show on Monday.

Which awards, you say? Well, of course I'm talking about President Trump's tweeted promise to announce "THE MOST DISHONEST & CORRUPT MEDIA AWARDS OF THE YEAR…Subjects will cover Dishonesty & Bad Reporting in various categories from the Fake News Media. Stay tuned!"

I can't imagine anything more exciting. After all, he's spent a surprising amount of time (I mean, for the Leader of the Free World) tweeting, complaining, and generally carping about media coverage ever since he's taken office and I'm truly curious to see what he considers the worst of a bad lot. It's tricky, since many of the reports that have irritated him the most have turned out to be… you know…true. And quite often when he's wanted more coverage of things he's said they've turned out to be…you know…false.

That said, I imagine he'll have to thread the needle a bit with his categories to make sure he doesn't just get called out again for getting something wrong. (If this were a movie, we'd flash-edit right now to Sarah Huckabee Sanders dropping some antacids into a glass of water and sighing.)

Now, when I first saw this I feared it might be an inside job; that he'd roll out a whole bunch of his own team's falsities and then cart off all the awards for himself. After all, he does like talking about how things are "rigged." But that doesn't seem to be the case.

I was asked by a friend shortly after the awards were promoted by the presidential thumbs, whether it would be good or bad for me to get one. And I said my job is not to be the president's enemy, nor his friend, nor to care what he thinks of me, so it did not matter. But who am I kidding? A Trumpy on the shelf would be a real conversation starter. And if anyone asked, "Is it real?" I'd just say, "Wouldn't you like to know?"

White House: Those who 'don't see positive impact' are 'mentally unstable'

Sarah Huckabee Sanders commented about Americans who don't see Trump's positive impact. GETTY IMAGES

Whether it's due to slurred speech, erratic tweets or quotes from inside sources, President Donald Trump's mental state has been questioned by professionals left and right recently.

Excerpts released last week from Michael Wolff's "Fire and Fury: Inside the Trump White House" scrutinized the president's mental state, based on interviews with presidential staff. The book was dismissed by White House press secretary Sarah Huckabee Sanders as misleading and false. She denied that Wolff had any conversations with the president — and so did Trump himself, claiming in a tweet that he gave Wolff "zero access" to the White House.

Sanders spoke further during "Fox & Friends" on Friday, saying, "I think it's absolutely insane to think all of these individuals, reporters and others, who all of a sudden have a medical degree and think that they can diagnose somebody, many times that they've never even had a conversation with."

Sanders continued, "It's absolutely outrageous to make these types of accusations … and it's sad that people are going and making these desperate attempts to attack the president. … What I think is really mentally unstable is people that don't see the positive impact that this president is having on the country." SAM BRODSKY

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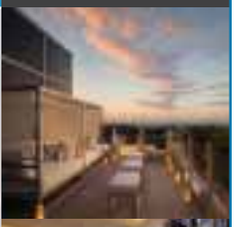

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On this day, 100 years ago

You may not remember his "14 Points" from history class, but your Polish friends certainly do (oh, and so does anyone who values world peace); here's a refresher course on how President Wilson changed Europe as we know it. **SAM FAKTOROW**

Europe was in shambles toward the end of World War I. In an effort to negotiate peace and bring renewed prosperity, Woodrow Wilson presented the "14 Points" to Congress — a set of principles that sought to bring about justice. Kind of epic, right?

We've summarized the most important highlights for you. Think of it as a Cliffs Notes for one of the most important plans for global cooperation and diplomacy, and it happened 100 years ago today.

1

What happens in Europe doesn't always stay in Europe! Keeping things hush-hush helps no one, so diplomatic negotiations shall be open and public. No more secret agreements or secret treaties! We're all in this together.

2

Took a boat to get here? Travel by water is for everybody and need not be restricted. Seaways and oceans are free to navigate for all in both times of war and peace.

3

Eliminate economic barriers between countries. Period. This party is open invitation for all — so long as you don't start a fight. Everybody's just trying to have a great time and get all the best from the open bar and buffet.

4-12

This whole World War thing has really hurt a lot of people. Let's cooperate and help countries rebuild, allow them the resources they need to thrive and do all we can as a global community to give peace a chance.

13

CALLING ALL POLES! Poland was erased from the map of Europe for 123 years, and it's time

GETTY IMAGES

to bring it back. A Polish state shall be reestablished, and it should have access to the sea and assured political and economic independence and integrity.

Postscript: Although world peace is still a work in progress, 100 years of Polish independence is a real thing; this week 10 million Polish-Americans will be celebrating Wilson's bold move to return to them their own country, and strengthen the deep friendship that's existed between our two nations. Polish statesman Ignacy Jan Paderewski (who, in addition to being prime minister and foreign minister was also a virtuoso pianist and composer … and foot the bill for the building of New York City's Washington Arch in Greenwich Village) had a sit-down with our then-president, and convinced him to make this a condition of peace negotiations. Today, Poland is a member of NATO, the European Union and a non-permanent member of the United Nations Security Council.

14

We all deserve political independence, territorial integrity and peace. Therefore, an association of nations must be created to set expectations for all of us. Am I right? Yes, indeed, I am.

Following these points, Wilson made it clear his intention was not to place blame or punish certain countries, but to build a world in which nations could act, within their own borders, to help their own people, and work across the aisle with other governments for the betterment of all.

We've still got a way to go, but enjoy celebratory pierogi with your Polish friends (and raise a glass to Woodrow Wilson) this week in the name of the big anniversary.

Class dismissed.

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The 10 biggest *fuccbois* on TV

The term "fuccboi" (also see "f—kboy" and "f—kboi") has been around for a long time. Its definition today — the one that's easy to digest for the masses — is basically a good-looking dude (or rarely, a woman) who plays games, is incapable of basic communication and also? Thinks he's the hottest s—t on Dumbledore's green earth.

All the more reason to celebrate them, we say. At least, the fictional ones. As far as television goes, 2017 was pretty meh — but it offered us fuccbois galore. So as we embark on 2018, we're remembering 10 of the most f—kery-having fuccbois from last year in TV. **RACHAEL VAUGHAN CLEMMONS**

Adam, "Jane the Virgin"

This year, we praised the fuccbois of "Jane the Virgin," and for good reason: Jane reconnected with her ex, Adam, early in the season. And Adam, bless is heart, was a beautiful, no-good fuccboi from the beginning. Maybe he didn't know he was playing games with Jane's heart — but by the time he breaks the news to that he's moving to California, it's like, boy, bye.

Euron, "Game of Thrones"

With his makeover into a medieval-era Captain Jack Sparrow and his cavalier attitude toward raping, pillaging and murdering, Euron Greyjoy is absolutely the biggest fuccboi in Westeros. Besides, it's very clear that it's not Cersei he's taken with, so much as her position of power. Rude!

Lawrence, "Insecure"

We saw a whole lot of Lawrence this year. A whole lot. And while we're not complaining, his attitude this season — and the way he treated the women he dated — was trash. Classic fuccboi tendencies.

George, "Poldark"

George Warleggan has always been the worst. But this season, after pining after Elizabeth and marrying her, he was pretty awful to her and her son. He was also really mean to that old lady. Just like a fuccboi to get what he wants and then act like a ripped-up bag of rotting garbage.

Jesse, "Preacher"

All of the characters of "Preacher" get off on being bad. But Jesse Custer is, by far, the worst. Despite constantly saying he loves Tulip, he barely pays attention enough to know what's ever going on with her. Baby girl had PTSD! But worst of all, Jesse can't be bothered because of his one-track mind. A fuccboi supreme.

Nick, "The Handmaid's Tale"

Nick is mysterious, hard to read and very, very hot. Even by season's end, we don't know whose side he's on — or much more about him, because let's be honest, his flashback episode did nothing to clarify. Erring on the side of fuccboi with this one.

BoJack, "BoJack Horseman"

Fun fact: knowing you suck doesn't make you any less a fuccboi. Case in point? BoJack. That horse has been self-aware about his self-destructive tendencies for a few seasons now, but it looks like that's not enough incentive to change. Typical.

DeMario, "The Bachelorette"

Before the racially tinged drama of "Bachelor in Paradise," DeMario had been hired for Rachel Lindsay's season of "The Bachelorette" to play "Entitled Fuccboi No. 1." And boy did he deliver: After spending much of his short time on the series talking a big game, he was exposed as a liar, cheater and possible manipulator. Of course he was!

Nola Darling, "She's Gotta Have It"

Sorry, not sorry: But Nola Darling is trash. She says she's a "sex-positive, polyamorous pansexual." But at best, she's selfish and out of tune with her partners' needs and wants. At worst, she doesn't care who she hurts; she's a poor communicator and she's rude AF. (Dewanda Wise playing Nola, though, is amazing.)

The Upside Down, "Stranger Things"

The Upside Down is always involving itself when nobody asked for its opinion. It's always messing everything up for everybody — especially poor Will. But also? The Upside Down is definitely very good looking in its own spooky way.

BOGO deals on Broadway are back

"Once on This Island" has the added benefit of transporting the audience to a tropical land.
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And there's even more to get excited about during NYC Broadway Week.

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If you're willing to brave a little wicked weather, your chance to see "Wicked" and other Broadway shows at half price is back — along with a new deal on hotel stays in the Theater District.

"Farinelli and the King"
PROVIDED

NYC Broadway Week is back with two-for-one tickets to some of the latest releases and longest-running shows in Times Square from Jan. 16-Feb. 4. Reservations are now open.

For the eighth season of the promotion run by the city's tourism authority, NYC & Co., 19 shows are taking part. Seven productions are new to the lineup this year, including the psychedelic musical adaptation of the Nickelodeon series "SpongeBob SquarePants" and and the play "Farinelli and the King," starring Mark Rylance ("Wolf Hall") and lit only by candlelight.

If you're visiting the city during Broadway Week, consider staying at one of 25 hotels in the Theatre District participating in a new tie-in promotion. Present your Broadway Week tickets and receive discounted room rates a daily $25 food and beverage credit to use on the property, whether it's dinner before a show or drinks afterward.

Because winter is a tough sell even before we were hit with a bomb cyclone, NYC Broadway Week is not the only deal going on in January. From Jan. 29 to Feb. 4, all three of NYC & Co.'s winter promotional events align: Restaurant Week, which brings three-course prix fixe meals at $29 during lunch and $42 during dinner to dozens of restaurants around the city, and Must-See Week, with discounts to some of the biggest attractions.

Here's the full list of participating NYC Broadway Week shows (titles in bold are new to the promotion):

"A Bronx Tale"
"Aladdin"
"Anastasia"
"Beautiful – The Carole King Musical"
"Chicago"
"The Children"
"Farinelli and the King"
"Hello, Dolly!"
"John Lithgow: Stories by Heart"
"Kinky Boots"
"Latin History for Morons"
"The Lion King"
"Once on This Island"
"The Play That Goes Wrong"
"The Parisian Woman"
"The Phantom of the Opera"
"School of Rock"
"SpongeBob SquarePants"
"Wicked"

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Reservations for winter's 17 days of prix fixe deals at over 300 restaurants open today — here are our recommendations for a memorable meal.

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It's January, which means it's cold and nobody has any money.

Solve both of those problems during NYC Restaurant Week (Jan. 22-Feb. 9), when you can cozy up on someone else's heating dime for three-course prix fixe meals more than 370 restaurants for $29 at lunch and $42 during dinner.

You'll find 17 days of deals in all five boroughs (though the vast majority are in Manhattan), with 32 new restaurants added for 2018 including Floyd Cardoz's excellent modern Indian spot Paowalla and the Upper East Side branch of hip steakhouse Quality Eats.

There's plenty to explore among the 31 cuisines represented, but do note that Saturdays are excluded, Sundays are optional, and some restaurants only offer lunch or dinner prix fixe.

So do your homework — including checking menu prices to make sure you're actually getting a deal — before making those reservations beginning Jan. 8 at 10:30 a.m. through nycgo.com.

And if you're inclined to share your enviable meals on Instagram, tag them with #NYCRestaurantWeek for a chance at a $250 gift card. Four winners will get to dine out a whole lot more in the coming year.

Now that you've got the fine print, here are our recommendations for NYC Restaurant Week, Winter 2018 edition:

Il Cortile Ristorante
Northern Italians know how to keep you warm, from their hospitality to their hearty food. Experience it all in the sunny glass-roofted atrium of Il Cortile, a Little Italy stalwart of nearly 40 years. Let them introduce you to rare specialties like stuffed gnocchi and plates heaping with pasta and seafood like your nonna would serve up. *125 Mulberry St., Lower East Side*

Loring Place
Dan Kluger's return to the New York dining scene at Loring Place was met with warm praise from critics in 2017 for turning vegetables into comfort food (he's the former executive chef of ABC Kitchen and Cocina, after all). But he does plenty with meat, too, on this modern American menu that takes the familiar and cranks it up a few notches. *Lunch only, 21 W. Eighth St., Greenwich Village*

Momofuku Nishi
We're believers in second chances. David Chang heard the complaints and decided to retool Momofuku Nishi, his Korea-meets-Italy restaurant on the west side to be purely Italian. The new Nishi features more house-made pastas, a redecorated dining room that's more comfortable (read: not so loud) and an expanded wine list. There are still unconventional twists on classic dishes, but it's more carefully considered instead of "let's see what happens." *Lunch only, 232 Eighth Ave., Chelsea*

Rôtisserie Georgette
Opened in 2014, Rotisserie Georgette was ahead of the roast chicken trend and continues to turn out an excellent bird, alongside French classics that would impress any Parisian. Don't brave the cold before indulging in its chocolat chaud made with bittersweet Valrhona chocolate, espresso, vanilla and splash of bourbon. *14 E. 60th St., Upper East Side*

Mission Chinese
The best way to experience Danny Bowien's Chinese cuisine funhouse — matcha green tea noodles! Kung Pao pastrami! — is by having a little bit of a lot of things, so bring a friend or five. And with Restaurant Week prices, you can afford to splurge on an extra cocktail or two from their equally inventive bar. *171 E. Broadway, Lower East Side*

Augustine
Lower Manhattan's dining scene couldn't be hotter, and Keith McNally (Balthazar) opened one of its new gems, Augustine. Come for the unbeatable ambiance of the Beekman Hotel, a long-neglected gem that's been restored to its 1883 glory, and modern French dishes that are approachable and sublime (prime example: the cheese souffle). *Lunch only, 5 Beekman St., Financial District*

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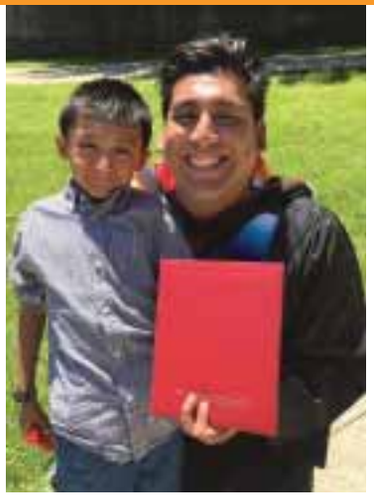

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4 Rules for keeping a tight budget

That's right. Saving money is a real thing!

PAT KING
@MetroNewYork
patrick.king@metro.us

If you are like most people, you probably need some guidelines for keeping a tight budget so you are not coming up short when it's time to pay the bills each month.

We recently spoke with Jesse Mecham, the founder of personal-finance software You Need A Budget and author of the book of the same name to see if he could give us some helpful tips breaking the cycle of living paycheck to paycheck and how you can plan for the future. Here are four rules to help you save more.

1 Give every dollar a job
If you give each dollar in your bank account a specific goal or purpose, it will help you prioritize your spending in a constructive way. If you place more importance on each individual penny to your name, you will place more focus on spending your money on bills and saving then on frivolous purchases. According to Mecham's guidelines, you should only make spending plans with the money you have right now so you don't find yourself in an endless loop of playing catch-up with your finances.

"Many people make the mistake of saying 'Well, I'm on a budget. What will I earn and what can I spend?'" says Mecham, "You should ask yourself, 'What do I have right now?' and use that on things like groceries or rent. Whether it's a $300 or $30,000, it's the same exercise. It really makes it concrete because you're working with a finite amount of money. If you're giving a dollar here, you can't give a dollar there."

2 Embrace your true expenses
Mecham believes you can avoid going into the red if you budget accordingly. By putting away a little money each month to save for yearly events like birthdays and holiday shopping, you can give yourself a head start. Circle those events on your calendar and then think of it like you are paying off your credit cards or student loans. Once those dates roll around, you will have some money to play with while having the rest of your finances in order.

3 Roll with the punches
Of course, it's a commendable thing to put restrictions on your spending for the sake of saving money. But as the saying goes: Sh*t happens! Sometimes life throws things at you that you can't avoid, and you'll need to break the budgeting roadblocks that you have set up for yourself. Because of that, Mecham believes that whenever something unexpected (and unavoidable) happens, you should go easy on yourself with the previous two rules. Afterall, to err is human!

"It's a way to acknowledge that we're in a chess match more than we're dictating the future," Mecham explains, "That's how life is with money. You have the best intentions, but then your car's tire goes out. You just have to acknowledge that life is going to happen and you're allowed to change your plans. ... Budgeting is adjusting"

4 Age your money
Lastly, a great way to make sure that you are not living paycheck to paycheck is putting some time between when you get paid and when you spend your money. The goal is to be spending money that you have saved for over 30 days rather than money you received yesterday. Mecham believes that few peopole are able to follow this rule instantly. But after you have become used to following the first three rules on his list, you will find yourself scrambling less to cover your monthly expenses.

We know it's hard. But with these rules, you can avoid the stress of having to wait for your next paycheck. Oh, to be a grownup!

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Build your professional network the right way

Make your connections count!

PATRICK KING
@MetroNewYork
patrick.king@metro.us

Having a strong network of professional connections is a must when you are looking to advance your career. These days, it's easy to put yourself out there online. But does having hundreds of "connections" on LinkedIn or followers on Twitter who you don't necessarily know in real life actually translate into having helpful people in your corner?

Business columnist and networking expert J. Kelly Hoey believes that creating real meaningful connections by putting in the work face to face will enable you to build a substantial professional network. In her book "Build Your Dream Network: Forging Powerful Relationships in a Hyper-connected World," she aims to strip away any preconceived notions that people may have and bring professional networking back to its basics.

"If you narrow your mind and only think of networking as an activity, I want you to think of it as every single human interaction," explains Hoey. "How you greet security or the receptionist at your office, who you choose to sit next to in a coworking space, how you sign off on an email, whether you like someone's Facebook post or retweet something … all of that is networking!"

Her approach is one that stresses just simply being a thoughtful and considerate person to the people you interact with on a day to day basis. As social-media platforms stress building large followings with people you may have never even spoken with, those thumbnail-avatar connections won't have your back when you actually need them. "Day-to-day micro-networking interactions," she says, "are far more meaningful to how you advance your career or your business than one luck cold email or some fortunate seating arrangement at a dinner party or on a plane."

Read more of this story at metro.us

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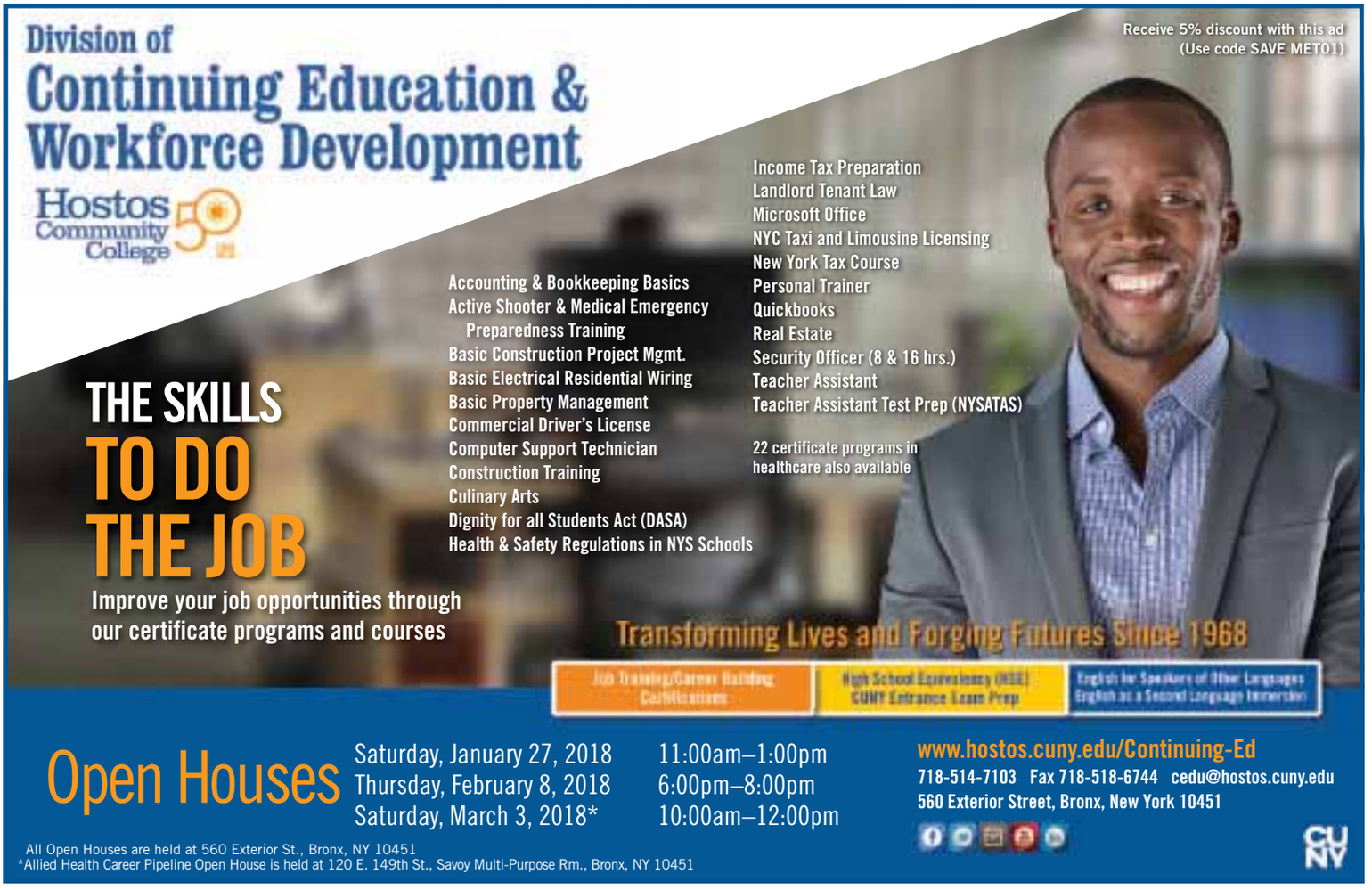
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The New York Mets and Pittsburgh Pirates have held discussions about a possible trade involving Andrew McCutchen. However, the Mets likely do not have the prospects Pittsburgh would want to pull the trigger on a deal. GETTY IMAGES

MLB trade rumors: Do Mets have a shot at Andrew McCutchen?

The Mets and Pirates have been in talks regarding the star outfielder.

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Given the New York Mets' track record over the years when it comes to acquiring marquee names, the chances of acquiring Pittsburgh Pirates outfielder Andrew McCutchen are probably slim to none. Yet on Thursday, the Atlantic's Ken Rosenthal reported that the Mets and Pirates have held discussions over the past two offseasons regarding the 31-year-old, whose contract expires at the end of the 2018 season.

He was quick to add that no deal was close, a status that will likely remain until McCutchen is either dealt to another team or hits free agency next winter.

The Pirates look to be in a minor rebuild of sorts as two of their largest names are currently being shopped. Along with McCutchen, ace Gerrit Cole has been on the market since the Winter Meetings and has been linked with the crosstown Yankees.

McCutchen continues to be a serviceable bat, although he has had some defensive issues that saw him splitting time between his natural center and right field. After a 2016 season in which he batted a career-worst .256, McCutchen came back strong in 2017, batting .279 with 28 home runs and 88 RBI.

But with his contract expiring and the Pirates mired in mediocrity within a loaded National League Central division that features the Chicago Cubs, St. Louis Cardinals and developing Milwaukee Brewers, dealing McCutchen before facing the possibility of losing him in free agency could bring in some younger assets to help give the club a new identity.

This is where the problem comes in for the Mets, who do not have a bevy of elite young talent they could offer Pittsburgh. One would have to believe that shortstop and last year's top prospect Amed Rosario is off the table. It would also be foolish to deal the possible future face of the franchise or further gut the farm system for, at the worst-case scenario, a one-year rental.

The Mets currently do not have a single prospect ranked within MLB Pipeline's top 100, which would force general manager Sandy Alderson to try and entice Pittsburgh with a package of lower-tier prospects and current major leaguers.

Top prospect, pitcher David Peterson, is in single-A Brooklyn and still needs to refine his arsenal of pitchers, especially his changeup and curveball. But a pitcher with a plus fastball and slider combination on the table for a Pirates franchise that is facing the loss of their ace and could use some future assets to bolster the rotation might at least listen.

He could be packaged with another prospect like shortstop Andres Gimenez and MLB outfielder Juan Lagares, one of the best defensive centerfielders in baseball. But it's extremely unlikely that would be good enough for the Pirates, who are also in talks with the San Francisco Giants for McCutchen. Per MLB.com's Jon Morosi, the Pirates want one of San Francisco's top three prospects, though the Giants are reluctant to part with them after thinning out their farm system in the deal for Evan Longoria.

Should the Pirates not find any offers that blow them away, they could very well hold McCutchen until the trade deadline where a team on the verge of contention might be willing to part with more in order to acquire an All-Star-caliber bat for the stretch run.

But I wouldn't expect the Mets to be in serious contention for him.

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Giants through 4 coaching interviews

JOE PANTORNO
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Before the conclusion of the NFL's wild-card round, the New York Giants had already interviewed four possible head coaching candidates, three of which are still working as their current employers are still in post-season contention.

While the Giants job is one of the most coveted in football given the franchise's history, the interviewees are competing to enter a somewhat volatile situation.

A 3-13 season that was the Giants' worst since 1983 saw the team fire head coach Ben McAdoo and general manager Jerry Reese while dealing with a multitude of off-field issues. There is also the small issue of Eli Manning's future.

With more interviews on the way, here are the four men the Giants have interviewed so far:

STEVE SPAGNUOLO

Giants Interim Head Coach/ Defensive Coordinator

Spagnuolo took over for Ben McAdoo as interim head coach after Giants fired him following a Week 13 loss to the Oakland Raiders in which Eli Manning was benched for Geno Smith.

Spagnuolo, who was in his second stint as the team's defensive coordinator, went 1-3 in the final four games, including a Wek 17 win over the Washington Redskins.

MATT PATRICIA

New England Patriots Defensive Coordinator

Patricia has been working with Bill Belichick and the Patriots since 2004, taking over as their defensive coordinator six years ago.

He has been to five Super Bowls with the Patriots, earning three rings. Both losses came against the Giants.

In 2017, the Patriots ranked 29th in yards allowed but fifth in points given up.

JOSH McDANIELS

New England Patriots Offensive Coordinator

An early favorite for the Giants job, McDaniels was interviewed shortly after Patricia when the Giants visited Foxborough on Friday.

He has been a member of the Patriots' coaching staff for all five of their Super Bowl titles, two of them as offensive coordinator.

McDaniels coached the Denver Broncos from 2009-2010.

PAT SHURMUR

Minnesota Vikings Offensive Coordinator

Shurmer didn't achieve much success after a difficult two-year spell as Cleveland Browns head coach in which he went 9-23.

As the Vikings offensive coordinator, Shurmur helped develop a 13-3 side that is the No. 2 seed in the NFC this season. Case Keenum — who was nothing more than a backup — as the man controlling Minnesota's offense.

Isles snap skid in win vs. Devils

The New York Islanders momentarily stopped their freefall, snapping a five-game losing streak on Sunday afternoon with a 5-4 shootout win over the New Jersey Devils.

Brock Nelson provided the lone goal in five shootout rounds to lift the Islanders to two invaluable points as they try to keep pace in a hotly contested Metropolitan Division.

New York had to overcome a pair of goals from Travis Zajac and a two-goal, third-period deficit after squandering a 2-1 lead Anders Lee continued his pursuit of the NHL's goal lead, tallying his 25th of the season to put the Islanders on the board with 4:32 left in the first period.

It was a classic Lee goal as the big winger

FINAL 1/7 (SO)	
	4
	5

Brock Nelson (29) and Cal Clutterbuck celebrate the game-tying goal. GETTY IMAGES

pounced on a rebound in front and sent a backhander through Cory Schneider. The goal gave the Islanders their first lead since Dec. 27 against the Buffalo Sabres.

Zajac's first of the afternoon tied things up 4:43 into the second after he banged home a rebound off a shot from the point by Sami Vatanen. But six minutes later, the Islanders found an answer.

After being recalled from the AHL, Anthony Beauvillier tallied his fifth goal of the season, one-timing a chance on the right post off a feed from Mathew Barzal.

Special teams came back to bite the Islanders again though as they allowed their ninth shorthanded goal of the year when Zajac lifted a breakaway backhander over Halak for his second of the day.

The Devils carried that momentum into the third period as they exploded for a pair of goals from Miles Wood and Taylor Hall within the first 3:18 of the final frame.

In desperate need of a spark, rookie defenseman Sebastian Aho, playing in his third NHL game, pulled one back for the Islanders as he tallied his first career goal with a wrister just above the circles.

Aho played provider almost eight minutes later, with 4:17 left in regulation when he sent a laser of a cross-ice pass to Cal Clutterbuck at the right post and set up the alternate captain to wrist home the tying goal to force overtime and the shootout.

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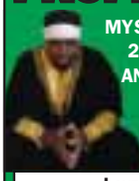

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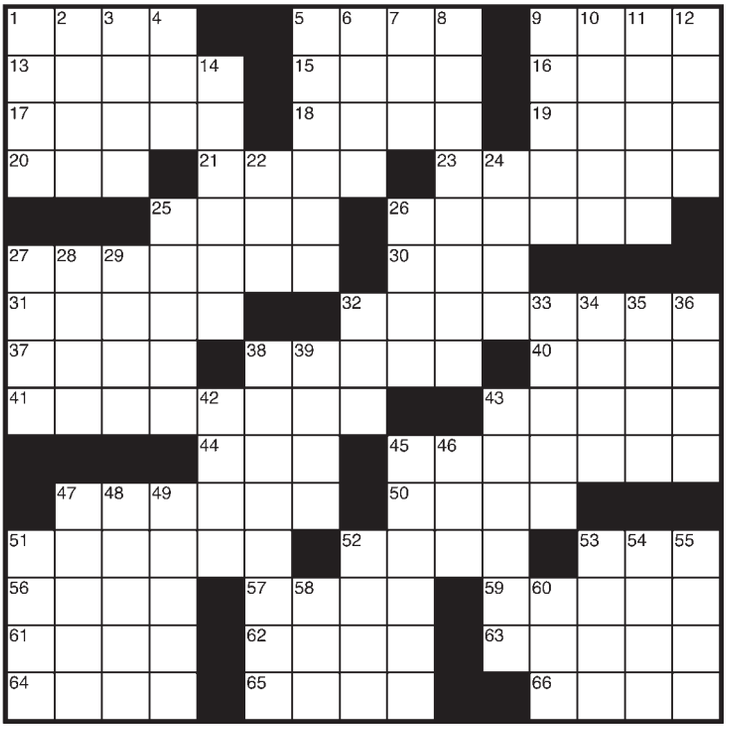
Across

1 Light pink wine
5 Ta-ta in Turin
9 Money maker
13 Amherst sch.
15 Kind of radio
16 Mighty steed
17 Ill-chosen
18 Bombay attire
19 Mantra chanter
20 Pen part
21 Thor's father
23 Volcano's mouth
25 Lady's shoe
26 Laughed loudly
27 Peter the Great's wife
30 Nol or Chaney
31 Like the tabloids
32 Light bulb filament
37 No future -- --
38 Whitecaps
40 Surrender territory
41 Fast-food joint
43 Turf warriors
44 Tease good-naturedly
45 Soup, salad, etc.
47 Montana capital
50 Crawling with
51 Table linen, often
52 Tiger's game
53 DVD predecessor
56 PC system
57 Comedian Jay --
59 Leave-taking
61 -- amandine
62 Joie de vivre
63 Water holes
64 Row
65 Morse code signals
66 Gala

Down

1 Rack and --
2 All, in combos
3 Volvo rival
4 Telepathy
5 Bungalow
6 Bowie's wife
7 It's south of Eur.
8 Vowels before pi
9 Indonesian
10 Up in arms
11 "A Boy -- Sue"
12 Ski lift (hyph.)
14 Impassive
22 Rather or Aykroyd
24 Chimed
25 On the -- (kaput)
26 Visibly cold
27 Barrette
28 Pueblo people
29 Desert st.
32 Hydroelectric org.
33 Psych out
34 Gymnasts' goals
35 Sidle past
36 Monster's loch
38 Creased
39 Verdi opera
42 Barely makes do
43 Horselaugh
45 Sings like Bing
46 Olive yield
47 Vietnam capital
48 Novelist -- Zola
49 More permissive
51 Gold deposit
52 Punkie
53 Nasty
54 Druid
55 Red herring
58 New Haven student
60 Rock's -- Leppard



metro.us/sudoku

easy

7		5					1	8
		2		8	3		9	
8	9		7					
3					1	8		
5								7
		6	3					4
					7		2	1
	2		4	9		5		
9	7					4		6

hard

	6			1	7		8	
		3			8		7	
	8	9	5	2				
6			1			9		
	5						1	
		1			2			4
				8	4	7	3	
	4		9			8		
	3		2	7			9	

metro.us/horoscopes

Aries Take a moment to re-evaluate whatever is going on in your life before you decide to take action. A hasty response will leave you in a vulnerable position.

Taurus Live life and learn from experience. Taking short trips and soul-searching will encourage you to make positive changes to the way you think and do things.

Gemini Rely on your charm to get you through the day without conflict. A positive change in a close relationship will be dependent on your words and gestures.

Cancer Refrain from letting your emotions take the reins. Don't make changes without getting consent from the people affected by your choices.

Leo Change may be calling out to you, but gauge how much it will cost and consider the possible consequences should you not enforce moderation. Proceed with caution.

Virgo Don't let the changes going on around you disrupt your plans. Your steadiness will be respected, and the support you are given will help you complete whatever you start.

Libra Don't let your emotions overrule what needs to be done. Act appropriately in light of what's transpired, and let the facts guide you to make the best choice.

Scorpio You'll have plenty of energy, so don't sit idle. A short jaunt, a get-together with friends or relatives or an energetic activity that challenges you physically is favored.

Sagittarius You can outmaneuver anyone if you control your emotions. Rely on speed to help you avoid interference. Someone is likely to divulge damanging information.

Capricorn Listen and learn, but don't make a move. Stick close to home and avoid anyone who tends to be inconsistent or difficult to handle.

Aquarius Make your financial decisions based on your disposable income. The idea is to lessen your stress, not add to it. Act and react intelligently, regardless of temptation.

Pisces Look for good investments. Observe what others are doing to get ahead and consider the best way to apply successful methods to your circumstances. EUGENIA LAST

Yesterday's answers

A	M	A	S	S		S	A	M	S		I	G	O	R
D	O	N	U	T		P	L	O	P		R	I	P	E
A	B	N	E	R		R	U	N	E		O	G	E	E
M	Y	S	T	E	R	Y	M	A	N		N	A	C	L
				A	Y	E	S		D	O	E			
S	C	H	E	M	E	R		B	E	A	D	I	N	G
C	H	E	W	S			W	O	R	K		C	U	E
R	I	L	E		C	R	E	W	S		A	I	D	E
U	N	I		W	A	D	E			E	P	E	E	S
B	O	X	C	A	R	S		I	M	M	E	R	S	E
			E	N	D		S	N	A	P				
F	O	A	L		G	O	P	H	E	R	B	A	L	L
I	T	L	L		A	R	I	A		E	E	R	I	E
S	T	O	A		M	A	L	L		S	E	E	M	S
T	O	U	R		E	L	L	E		S	P	A	N	S

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